

Healthy Liver & Bowel Book: Detoxification Strategies for Your Liver & Bowel

By Dr. Sandra Cabot M.D.

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Outlining life-saving strategies for those with varied health problems-including liver disease, bowel problems, and excess weight- this well-researched guide promotes optimal health in both preventing and dealing with abdominal illnesses. Providing effective solutions for liver disease, hepatitis, fatty liver, cirrhosis, gallbladder disease, high cholesterol, irritable bowel syndrome, and constipation, this important resource imparts advice guaranteed to reduce the risk of liver and bowel cancer.

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Editorial Review

About the Author
Sandra Cabot is the medical and executive director of the Australian National Health Advisory Service. She graduated with honors in medicine and surgery from the University of Adelaide in South Australia in 1975. As part of her extracurricular medical training, she studied herbal medicine and nutritional medicine. Dr. Cabot began her medical career in 1980 as an obstetrician-gynecologist and practiced in Sydney Australia. During the mid 1980s she spent considerable time working as a volunteer doctor at the Leyman hospital, which was the largest missionary hospital in India. Her first book, titled Women's Health, was an authoritative holistic health guide. Subsequently she wrote several more groundbreaking books including The Liver Cleansing Diet, which has sold well over two million copies worldwide. She has written twenty-two other health titles.

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